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**AMENDMENTS TO THE CLAIMS**

This listing of claims will replace all prior versions and listing of the claims in the application:

**LISTING OF CLAIMS**

Claims 1 - 52 (CANCELED)

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53. (CANCELED)

54. (CANCELED)

Claim 55 (CANCELED)

56. (CANCELED)

57. (CANCELED)

58. (CANCELED)

59. (CANCELED)

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60. (PREVIOUSLY PRESENTED) An exercising device that is held and rotated in use comprised a unit;

said unit comprised of: a handle, a first chord attached to said handle, said first chord has a first end and a second end; only said first end of said first chord is attached to said handle; a first loop formed by attaching a first section of said first chord to a second section of said first chord using a first loop forming device; said first loop forming device is a first knot; said first loop entirely outside of said handle;

a elongated second element attached to said first loop by said first knot and a second knot.

61. (PREVIOUSLY PRESENTED) The exercise device of claim 60 wherein said elongated second element is attached to said first loop by said first knot and a second knot; said first knot is a bowline knot;

said elongated second element is a section of said first elongated element;

said first knot and said second knot located at about opposite sides of said first loop.

62. (PREVIOUSLY PRESENTED) The exercise device of claim 60 wherein said first loop and said elongated second element are at least partially covered by a tubular element; said tubular element maintains a spread-open "U" shape at the end of said first loop.

63. (PREVIOUSLY PRESENTED) The exercise device of claim 60 wherein the distance between said first loop forming device and said handle is less than about 2.5 inches; and

the distance from the bottom of the handle and the furthestmost point of said first elongated element is between 10 and 24 inches.

Claims 64 to 73 (CANCELED) .

74. (NEW) An exercising device comprised of a unit comprised of:

a handle, an elongated first element attached to said handle, and said elongated first element has at least a first loop; said first loop formed by a first loop forming device; said first loop is entirely outside of said handle;

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a first segment of said elongated first element that is not part of said first loop,  
is between said handle and said first loop;

an elongated second element attached directly to said first loop forming  
device;

said elongated second element attached to said first loop only by said first  
loop forming device and a second loop forming device;

said first loop forming device and said second loop forming device located at  
about opposite sides of said first loop;

said first and said second loop forming devices are knots.

75. (NEW) The exercise device of claim 74 which further includes:

the distance between said first loop forming device and said handle is less  
than about 2.5 inches; and

the distance from the bottom of the handle and the furthestmost point of said  
first elongated element is between 10 and 24 inches.